Self-Care in the Moment

Guide yourself through personalized self-care suggestions from the Longhorn Wellness Center Peer Educators.

How are you currently feeling?

Pretty good/have time for self-care

Which statement best applies to your current needs/desires?

I want to stimulate my brain

5-15 minutes
- Watch a TED Talk
- Read a short story or poem

I need a mood boost

5-10 minutes
- Listen to a favorite song
- Play with a pet
- Watch a funny YouTube video

I want help to take action

5-15 minutes
- Make a prioritized to do list
- Tidy up your workspace
- Splash water on your face

I want space for self reflection

5-15 minutes
- Sit and check in with all thoughts and feelings
- Acknowledge your five senses

I want to relax

5-10 minutes
- Practice muscle relaxation
- Follow a short guided breathing
- Make yourself a cup of tea

I want to move my body

5-15 minutes
- Sit or walk outside to get some fresh air
- Stretch your body

I want space for self reflection

5-15 minutes
- Take a drive
- Journal about your feelings

I want to relax

5-10 minutes
- Practice muscle relaxation
- Follow a short guided breathing
- Make yourself a cup of tea

I want to move my body

5-15 minutes
- Sit or walk outside to get some fresh air
- Stretch your body

I am bored and/or uninspired

5-30 minutes
- Drink some water
- Eat a tasty snack
- Take a power nap
- Take a shower or bath

I am not feeling my best

5-30 minutes
- Move your body
- Sleep 7-9 hours tonight
- Cook or order a meal
- Call a loved one

Have you checked in to make sure your basic needs are met?

YES

NOT YET

If you need more urgent support, the CMHC Crisis Line, UHS Nurse Advice Line, and BCAL are great resources to start with.